

**For cancellations please call
Liz at 508-573-7246**

August 2010

Suggested Voluntary Donation \$2.00

*This program is made possible in part by funding received from
The Executive Office of Elder Affairs*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 American Chop Suey Wax Beans 7 Grain Bread Fresh Orange</p> <p>Calories: 724</p>	<p>3 Roast Pork w/ Rosemary Gravy Sweet Potato Italian Green Beans White Bread Applesauce</p> <p>Calories: 711</p>	<p>4 Roast Chicken w/ Marsala Sauce Brown Rice Broccoli 7 Grain Bread Chocolate Pudding Diet: Chocolate Mint Pudding</p> <p>Calories: 748</p>	<p>5 Three C Soup w/Crackers Crunchy Potato Fish Wedge Whipped Potatoes Multigrain Bread Pineapple</p> <p>Calories: 777</p>	<p>6 Meatballs w/ BBQ Sauce Bliss Potatoes Zucchini Blend Whole Wheat Bread Oatmeal Cookie Diet: Graham Cookie</p> <p>Calories: 619</p>
<p>9 Cream of Vegetable Soup w/ Crackers Turkey Plate Rotini Salad Whole Wheat Bread Pineapple</p> <p>Calories: 728</p>	<p>10 Cheese Lasagna w/ Tomato Sauce Italian Green Beans Italian Bread Snack 'n Loaf Muffin Diet: Graham Cookie</p> <p>Calories: 599</p>	<p>11 Salisbury Steak w/ Jardinière Gravy Mashed Potatoes Mixed Vegetables Multigrain Bread Pears</p> <p>Calories: 831</p>	<p>12 Chicken w/ Teriyaki Sauce Brown Rice Broccoli Rye Bread Smoothie Diet: Butterscotch Pudding</p> <p>Calories: 711</p>	<p>13 Broccoli Bake Garlic/Onion Diced Potatoes Stewed Tomatoes Whole Wheat Bread Fresh Fruit</p> <p>Calories: 715</p>
<p>16 Hot Dog Mustard Baked Beans Cole Slaw w/ Carrots Hot Dog Bun Applesauce</p> <p>*High Sodium Entree</p> <p>Calories : 738</p>	<p>17 Tomato Florentine Soup Salmon Boat w/ Lemon Dill Sauce Rice Pilaf Multigrain Bread Fresh Peach Crisp w/ Topping Diet: Fresh Peach</p> <p>Calories: 791</p>	<p>18 Cheesy Chicken (2 compartments) w/Peppers and Corn Italian Green Beans Rye Bread Orange Artic Ice Diet: SF Lemon Pudding</p> <p>Calories: 602</p>	<p>19 Ground Beef Taco w/Beans Brown Rice/Cheese Chopped Tomato Salad Greens Taco Shell Pineapple</p> <p>Calories: 698</p>	<p>20 Roast Chicken w/Apricot Glaze Mashed Potatoes Peas Whole Wheat Bread Mixed Fruit</p> <p>Calories: 659</p>
<p>23 Swedish Meatballs w/ Mushroom Gravy Noodles Carrots Multigrain Bread Pineapple</p> <p>Calories: 670</p>	<p>24 Baked Ziti Casserole w/ Hamburger Broccoli Whole Wheat Bread Chocolate Chip Cookie Diet: Graham Cookie</p> <p>Calories: 668</p>	<p>25 Corn Chowder w/ Crackers Tuna Salad Salad Greens w/Dressing Rye Bread Applesauce</p> <p>Calories : 694</p>	<p>26 Roasted Chicken w/ Lemon Mustard Sauce Sweet Potatoes Italian Green Beans Whole Wheat Bread Yogurt Diet: SF Pudding</p> <p>Calories: 553</p>	<p>27 Shaved Steak w/ Onions, Peppers and Mushrooms Corn Hamburger Bun Fresh Cantaloupe</p> <p>Calories: 507</p>
<p>30 Chicken Cacciatore Ziti Broccoli Whole Wheat Bread Peaches</p> <p>Calories: 655</p>	<p>31 Ham and Potato Casserole Green Beans Rye Bread Fresh Orange</p> <p>Calories: 508</p>			

Menu is subject to change: Sites may substitute vegetable in place of soup or salad

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